

# Feel So Strong

COPPER KNOB  
STEPSHEETS

拍数: 40      墙数: 4      级数: High Improver / Easy Intermediate  
编舞者: Martie Papendorf (SA) - July 2013  
音乐: Feel So Strong - PJ Powers & Hip Hop Pantsula : (Album: Jabulani - 3:40)



Intro. : 16 counts from 1st "heavy" beat [+/- 21 sec.], Start on vocals: "Yesterday".

## #1: Fwd, Lock, Step, Syncopated rocking chair, Fwd, Hitch ¼ left, Cross, Rock, Recover, Fwd

1,2            Step R fwd, Lock L behind R,  
&3&4&        Step R in place, Rock L fwd, Recover back onto R, Rock L back, Recover fwd onto R,  
5,6            Step L fwd, Make a ¼ turn left rising on ball of L hitching R across body,[9.00]

[Optional arms for count 6: L elbow to R knee ]

7&8&        Step R across L, Rock L to left side, Recover R to right side, Step L fwd [9.00]

Restart here during wall 3, facing 3.00

## #2: Step, Side ¼ left, Cross, Full triple turn right, Mambo fwd, Mambo back

1,2            Step R fwd, Make a ¼ turn left stepping L to left side, [6.00]  
3&4&        Step R across L, Step L back making a ¼ turn right [9.00], Step R fwd making a ½ turn right  
                 [3.00], Step L fwd making a ¼ turn right,[6.00]  
5&6            Rock R fwd, Recover L back, Step R next to L,  
7&8            Rock L back, Recover R fwd, Step L next to R [6.00]

## #3: Step, Fwd, Pivot ½ right, Back ½ right, Lock, Back, Step, Walk fwd R, L, Coaster step

&1,2        Step R in place, Step L fwd, Step R fwd making a ½ turn right, [12.00]  
3&4        Step L back making a ½ turn right [6.00], Lock R across L, Step L back,  
&5,6        Step R next to L, Walk back L, R,  
7&8        Step L back, Step R next to L, Step L fwd [6.00]

## #4: Step, Cross, Side, Together, Cross, Side, Behind, Side, Cross, Side, Touch, Side, Step, Syncopated rocking chair

&1&2        Step R in place, Step L across R, Step R slightly to right side, Step L next to R,  
&3&4&        Step R across L, Step L to left side, Cross R behind L, Step L to left side, Step R across L,  
5&6&        Step L to left side [slightly fwd], Touch R to L, Step R to right side [slightly fwd], Step L next to  
                 R,  
7&8&        Rock R fwd, Recover L back, Rock R back, Recover L fwd [6.00]

## #5: Fwd, Draw, Fwd, Draw, Cross, Back ¼ right, Side, Fwd, Step, Hitch, Back, Behind, Side ¼ left, Cross, Fwd ¼ left

1&            Step R boldly to right diagonal moving left shoulder fwd, Draw L from back passing R,  
2&            Step L boldly to left diagonal moving right shoulder fwd, Draw R from back passing L,  
3&            Step R across L, Step L back making a ¼ turn right [9.00],  
4&            Step R to right side, Step L fwd,  
5&6        Step R fwd, Hitch L knee lifting R heel, Step L back, [9.00]  
7&8&        Cross R behind L, Step L to left side making a ¼ turn left [6.00], Step R across L, Step L fwd  
                 making a ¼ turn left [3.00]

Restart: after section 1 during wall 3, facing 3.00.

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